

CAUSES OF SNAPPING NERVES

Hard Mental Work Brings Stress on Brain Centers—Many Forms of Reaction.

"Modern man is a top-heavy being, whose brain is disproportionately superior to his other organs," remarks the New York Medical Journal in a discussion of the war from the psychology standpoint. "This is an age of hard mental work, which brings stress on the highest and most recently-developed brain centers; it was inevitable that something should snap, and something has snapped; there is a temporary reassertion of primitive human impulses. In America, reaction was taking milder forms; the automobile, the baseball diamond, the gridiron, relieved the tension, particularly the dancing mania which swept over us like an obsession. Dancing is the most primitive form of reaction and tends quickly to re-establish equilibrium."

"Probably the man does not want peace and tranquility, which are too close to ennui, his greatest dread. Professor James was dreadfully bored by a visit to Chautauqua, with ice cream soda as its utmost offerings and its 'atrocious harmless' He knew man wanted something with more zest and adventure."

"Alcohol and tobacco relieve in an artificial way the tension upon the brain by slightly paralyzing temporarily the higher and more recently developed brain centers. Were the use of these drugs suddenly checked no student of psychology or of history could doubt that there would be an immediate increase of social irritability, tending to instability and social upheavals."

TAKES SHOT AT EARLY RISERS

New York Newspaper Refuses to See Any Virtue in Leaving Comfortable Bed, Day at Daylight.

In the whole string of the virtues, major or minor, cardinal or otherwise, there is not one about which the possessors are so conceited as the early-rising habit. Persons who have this habit are, no doubt, entitled to some little credit; but no degree of self-norification could justify the airs of virtue which people who turn out of bed earlier than their fellows give themselves.

Nobody was ever ten minutes in the society of a confirmed early riser without being made aware of the fact and, directly or indirectly, snubbed for not being one himself.

Now, is early rising such a virtue? Certainly early risers get the worm. They are welcome to it; who wants worms?

Then they gain so many hours over us who stay in bed; in proof of which they perhaps point out that Scott's novels were written before breakfast. Very good; let them produce their Waverley novels; meanwhile we remain skeptical as to the reality of this gain of time.—New York Telegram.

Dust These Off, Statesmen.

"I refer to our peerless leader, that magnificent statesman and diplomatist—"

"We, the residents of the brightest star in the firmament of nations, are proud to honor—"

"There is not a man in this room or within the reach of my voice tonight who will not realize the responsibility which rests upon him as a patriot, a gentleman, a scholar and a philanthropist and go to the polls on election morning with courage in his heart and cast his free and untrammelled ballot for our magnificent citizen—"

"There are some here who remember the history-making days of the battle of Bunker Hill—I mean Gettysburg—when this nation's life was in the balance, and, with this in mind, I say to you, can you satisfy your conscience if you vote for any one but our eminent, forceful, talented, versatile, diplomatic, philosophical, courageous candidate—"

Superstitious Remedies.

For sore eyes a touch from an old gold wedding-ring is a popular remedy, and many an old woman's ring has earned for itself a great name as an eye healer. Apparently reliable authorities can be found who assert that they have been cured by a touch of this description. Borlase asserts as a fact that a halter with which anyone has been hanged will cure headache instantly if it is tied around the head, and he adds, "Moss growing upon a human skull, if dried and powdered and taken as snuff, is no less efficacious." Brands tells of several superstitious remedies or charms: "Hollow stones are hung up in stables at night to prevent nightmares or epilepsies. They are usually called in the North of England 'holy stones.' The chips of gallows and places of execution are used as amulets against agues."

Canadian Publications.

Canada has 1,538 publications, classified as follows: Dailies, 150; tri-weeklies, 7; weeklies, 1,065; semi-weeklies, 45; monthlies, 250; bimonthlies, 3, and quarterlies, 18. The census shows approximately 1 daily for every 10,000 families and 1 weekly for every 1,500 families in the dominion.

Tolstoy's Magnificent Library.

Count Tolstoy's secretary says that the great writer's library contained 10,000 volumes in 32 languages. There were almost as many books in English as in Russian, 3,415, against 3,505, respectively.

TRIFLES SHOULD NOT WORRY

Those Who Are Able to Make the Best of Everything Get Most Happiness Out of Life.

Do not worry about trifles. Perhaps your new suit isn't so stylish as your friend's. What of it? Yours is what it seemed best to choose when you bought it. Make yourself so agreeable that folk will forget your clothes. Perhaps some member of your club gave a more elegant entertainment than you. What of it? You did what was convenient and entertained friends who enjoyed your hospitality. The pleasure of an entertainment does not depend on what one eats, so much as on the little personal attentions, the seeing that no one feels neglected. Perhaps you missed a smile or recognition on meeting a friend. What of it? Smile the more cordially when you next meet. Your friend may have been absorbed in some important thought. Possibly there was anxiety on his mind. Many reasons may have caused seeming neglect. There are numberless little mishaps in every family; china is broken, garments torn, food overdone or undone, books or papers mislaid. Why fret about it? Make the best of it and let good nature send the inconvenience to oblivion. Why wear out nerve and heart over small affairs? There are great things in life enough to give anxiety. It is wiser to save mental strength and nerve to meet them. Make the best of any happening. Watch for the things than can give even a passing joy and let these things put annoyances in the shade. Forget trifling troubles.—Milwaukee Journal.

MAKE THE LIBRARIAN LAUGH

Odd "Breaks" Made by Those Who Call to Take Out Desired Reading Matter.

The librarian engaged in attending the wants of the reading public finds a good many laughs in his occupation. A small boy recently sent by his mother to ask for "The Elusive Pimpernel," a popular novel by Baroness Orczy, proffered a request for "Lucifer's Pimple," to the no small amusement of the attendant.

"Candles in the Wind?" inquired a visitor, referring to one of Maud Diver's successful books.

"Out," returned the attendant.

"Ah, they would be, naturally," snapped the customer, as she went away repeating his joke. "Candles in the wind. Out. Of course they're out."

Another lady, walking with a decided limp, inquired for "The Corn," a book with which the attendant was quite unfamiliar.

"I thought perhaps—well, to tell you the truth, I suffer somewhat from corns, and though I might get a hi or two."

"You're not by any chance referring to 'The Koran'?" hazarded the librarian.

Well, the lady borrowed the book. When she returned it she was still limping; presumably she had sought in vain for helpful hints regarding corns.

Cut-Throat Competition.

A correspondent of the New York Sun informs the editor of that paper that a rooster has been discovered which cannot crow. It—or he—can hiss, but the bright chattering call is not for him.

Such are the marvels of science! Each day it conserves a new strength, cuts out waste, diverts energies into useful channels. The maternal salute of the rooster has long been an example of criminal waste and inefficiency. It announced, at great expense of energy, a perfectly obvious thing—that the sun had risen. Roosters, besides, have been in the habit of trying to "scoop" each other, to score a beat on the sunrise—as if anyone were passionately interested in the matter—and the result has been a distressing series of "Extras" called at 2 a. m. Cut-throat competition has killed the rooster.—Philadelphia Evening Ledger.

Hair Demand Exceeds Supply.

During the last few years the exportation of human hair from Japan has increased to the point that the demand for it now far exceeds the available supply. Especially when compared with that of the average European, the hair of the Japanese woman is extremely long, elastic, and strong, which gives it superiority for commercial purposes.

The United States and France offer the principal markets for the Oriental dealers. In Europe it is much used for weaving purposes, the hair being bleached by chemical treatment, dyed in different colors, and subsequently woven with silk into ribbon materials and heavy fabrics suitable for draperies and upholstery, some of which command prices of several hundred pounds a yard.

Healthy Reaction.

Fortunate are they who react healthily. They have an easy path through life, no matter what they may meet. The habit of reacting healthily from the small trials gives them power to vanquish the big tests, even the calamities.

And pitiful are they who react unhealthily. Every day of their lives they inflict torment on themselves, no matter how favored they may be by fortune. Their practice of reacting unhealthily from small things makes them easy victims of the big trials.

LENDING A HELPING HAND

Teamster Gave Handcart Pusher a "Lift" That Was Something to Be Appreciated.

Here is an interesting street scene, drawn by a writer:

The handcart was of a familiar sort—a pair of high wheels with a long platform of slats resting on the axle and a crossbar at one end for a handle. A man stands behind the crossbar and breasts it to propel the vehicle.

The handcart was piled high with big bags filled with waste paper—a cumbersome, heavy load that would have been hard to handle anywhere, and was doubly troublesome going up the slope from Nassau street to Broadway. The handcart man had to bend over the bar and push with all his might to keep the load moving at all.

Coming up behind him was a driver with an empty truck, drawn by a pair of big horses. When the driver saw what was ahead, he started up his team a little and skillfully set the end of the pole square in the middle of the rear-most bag on the handcart, where he could push to the greatest purpose without disturbing the load. Thus the horses began to push the handcart up the hill.

All the handcart man had to do was to stand up, hold on to the handlebar, and keep the handcart straight. The big horses, guided by the friendly driver, were doing the pushing; and so, easily enough, the man got his load up the rest of the slope and round to the easy level of Broadway.—New York Sun.

WILD HOGS AS WATCHDOGS

Brought Up With Herds of Goats or Flocks of Chickens They Are Sure Protectors.

In some parts of Mexico the wild hogs, which the natives call jabali—huh-bah-lee—savage beasts in their natural state, are used as watchdogs. If they are caught young and brought up with goats they will go out into the hills with the herd and fight off coyotes or other wild animals; if they are raised with chickens they will protect them, and round a ranch house at night they are as useful as any dog.

Although fierce by nature, they can be tamed until they follow their master round like a dog. The landlord of a hotel in one of the border towns even keeps one of the wild hogs as a playmate for his baby son.

The jabali is only first cousin, however, to the domestic pig. Swine are divided into two main branches; in one line is the farmer's pig, descended from the wild hog of Europe, and in the other is the jabali, which is really a peccary. But the jabali is quite "piety" enough, with his small, flexible snout, long, mottled bristles and long, sharp tusks.

Solomon as Naturalist.

There is an odd reluctance upon the part of many people to go to the ant, the water-bug, the beetle and other "invertebrate" or backboneless creatures, to consider their ways and be wise. Solomon was a learned naturalist of his day and perhaps the first animal behaviorist of all time.

Not alone ants and bees taught him much, but all insects, beasts of the field and birds of the air contributed to his wisdom. If Solomon were alive today, he would more than glory in the domain of experimental research into the behavior of the lower creatures. He would no doubt write a down-to-date volume of proverbs founded upon the learning; abilities, the memory and the behavior in general of fleas, lice, flies, gnats and other insects.

Restaurant Politics.

"I tipped every waiter in the dining room," said the man at the summer hotel.

"And thereby secured the best of attention?"

"No. The head waiter asserted his authority and called a boycott. He was indignant because I didn't hold out on the other boys and give all the money to him."

ONLY SURE CURE FOR COLDS

London Newspaper Asserts That Evil Must Be Fought With Practically Its Own Weapons.

Doctor Johnson, knowing nothing of microbes, thought he had crushed the story of the cold that strangers bring to St. Kilda by asking: "How can there be a physical effect without a physical cause?" Then he proceeded to make merry. The arrival of a ship full of strangers, he laughingly supposed, would kill the inhabitants of the island; "for if one stranger gives them one cold, two strangers must give them two colds, and so in proportion." In vain did believers in the story argue that it was annually proved upon the arrival of the owner's steward, which always resulted in a cold for all the islanders. "The steward," replied Johnson, "always comes to demand something from them; and so they fall a-coughing."

The proper cure for a cold, which always seems to have baffled the doctors, is—cold—on the principle of homeopathy. The only sailors in the Crimean days who escaped sore throats were those who could not get muffled. The members of the Scott expedition never got a "cold" until they had left the frozen Antarctic and reached civilization. We should establish the refrigerating chamber as antipath to the Turkish bath for cure of colds.—London Chronicle.

Conservation Begins at Home.

The child is our greatest national asset. Conservation should begin at home. Pure, clean food and proper feeding are necessary for the infant. Statistics prove that one breast-fed infant dies to every ten artificially fed. The physician, the midwife and the mother must be taught the necessity of breast feeding. The child must not be deprived of this hereditary right on the least pretext. The expectant mother, in the last stages of pregnancy should be taught the proper hygiene of this period.

Their Relationship.

"Are you sisters?" asked the census taker of two colored women who sat on the tiny porch of their cabin.

"No, sir," one of the women replied, "us ain' no blood kin. You see"—pointing to a rather pretentious-looking house on the hill—"his dis er way. Sanders up dar in de white house, he married me fust; den Sis Liza heah come 'long, an' he 'vorsted me an' put me out heah in de cabin so he could marry her. But bimeby he fetch her down de hill to de cabin to make room for dat young gal, Cora, he den married. No, sir, us ain' no blood kin—I guess we's wives-in-law."—Everybody's Magazine.

Mold on Books.

During continued damp weather books often become musty and even moldy. This can be prevented by placing a few drops of oil of lavender and Canada balsam in the back corner of each bookshelf.

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"The study of etymology," says the Philadelphia Record, "causes no end of trouble among that class of school children whose knowledge of English is limited to words which figure in the ordinary street conversation, and many curious results have followed. The custom usually observed by the teachers is to require such a definition of the word, then its derivation, and finally a sentence in which the word is properly used. The word 'ligament' fell to the lot of a rather diffident boy recently. He defined it properly as 'a band,' but followed up the correct derivation with this remarkable sentence: 'I was awakened up last night by hearing a brass ligament going down the street.'"

Have Strange Preference.
In Cochín China, the inhabitants prefer rotten eggs to fresh ones.

OLDER BUT STRONGER

To be healthy at seventy, prepare at forty, is sound advice, because in the strength of middle life we too often forget that neglected colds, or careless treatment of slight aches and pains, simply undermine strength and bring chronic weakness for later years.

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